

## **PART XII**

### **DATA ANALYSIS OF SELECTED EVENTS**

#### **Introduction**

Recently published data from the National Health and Nutrition Examination Surveys have shown that the percentage of obese persons increased from 14.5% in the years 1976-1980 to 22.5% in the years 1988-1994 to 30.5% in the year 2000.

A report from the Office of the Surgeon General indicated that during the past three decades, the incidence of children and adolescents aged 6-19 years who are overweight has more than doubled with the percentage of obese children rising even more. Data now show that obesity has increased in every state, in both sexes, and across all age groups, races, educational levels, and smoking statuses. Since obesity is strongly associated with so many chronic disease states such as cardiovascular disease, diabetes, gastrointestinal disorders and certain forms of cancer, it tremendously impacts public health and health care costs in this nation.

In July 2003, the Mayor's Health and Fitness Challenge initiated the first of a series of yearlong events designed as a public awareness health promotion campaign to increase healthy nutritional choices, exercise habits and develop a healthy lifestyle for the residents of Miami Dade County.

Consumer-oriented materials were available to communicate heart healthy messages related to weight management, physical activity, high blood pressure, and proper nutrition. Recreation and park departments and other community organizations pooled their resources to support heart-healthy messages. Vendors and local sponsors lead by the funding from the Heath Foundation of South Florida integrated heart healthy activities into the planning of monthly events. In addition, materials targeted to specific populations including African-Americans and Hispanics were included.

The overall theme of "Eat Right, Get Fit, and Chill out" was pervasive throughout the yearlong series of Mayor's Challenge Events. Materials related to community health status consisted of a seventeen-question evaluation including a Health and Fitness Assessment designed to assess daily life activities and the commitment to a healthy lifestyle (See Appendixes PART

The first six (6) events were chosen for the analysis of the data. The information collected from each event was entered into a database that was created specifically to collect the Mayor's Health and Fitness Challenge information. Even though information from the children's forms was gathered and entered into the database, only the information pertaining to the adult participants was included in this report. The analysis of the data is as follows:

#### **EVENT #1 – DATA ANALYSIS SUMMARY**

##### **Kick-off Event – July 4, 2003, Amelia Earhart Park**

According to our analysis, 219 adult participants filled out questionnaires, the majority of which (55%) completed their fitness assessment. The average age of respondents was forty-three (43) years. Interestingly at the kickoff event, 62% of people completing our questionnaire were female and only 37% were male.

The majority of registrants, 37%, were Hispanic followed by African-Americans 13%, Caucasian, 11% and other 2%. A total of 37% did not complete racial/ethnic information. According to the Fitness Assessment, the majority of people were overweight with a BMI of 27.1 and an average blood pressure of 119/74 mmHg.

A total of 97% of the registrants planned to adopt a healthy lifestyle and attend future events while 89% claimed to have a personal physician. A total of 91% of respondents visited a physician within the past two (2) years. More than 75% of the registrants did not smoke and over 50% of registrants did not drink alcoholic beverages at all. More than 60% of participants watched TV or used the computer 0-3 hours daily.

Approximately 42% of registrants ate breakfast daily while only 15% of participants ate 4-7 servings of fruits and vegetables daily. Slightly less than 57% of registrants, exercised 3-7 times per week and a large number. 89% identified themselves as being motivated to adopt a healthy lifestyle.

The results indicated the Amelia Earhart participants represented a fairly healthy constituency. Although overweight, they did engage in health and fitness activities and ate breakfast on most days of the week; but needed to improve their fruit and vegetable consumption. The data suggests this group represented a captivated audience who could be motivated to significantly improve their healthy lifestyle activities.

## EVENT #1 – DATA ANALYSIS STATISTICS

<b>1. Total Number:</b>	<b>219</b>	
<b>2. Completed all information:</b>	58	(26%)
<b>3. Participants with Fitness Assessment information:</b> (including Height, Weight, BMI and BP)	120	(55%)
<b>4. Participants completing all questions:</b> (excluding Fitness Assessment information)	91	(42%)
<b>5. Participants Who Signed Consent &amp; Release:</b>	141	(64%)
<b>6. Participants Who Signed for Focus Group:</b>	53	(24%)
<b>7. N/A Forms:</b>	161	(74%)
<b>8. Sex: Male</b>	80	(37%)
Female	136	(62%)
<b>9. Race: Hispanic</b>	80	(37%)
Caucasian	24	(11%)
African-American	28	(13%)
Asian/Indian	0	(0%)
Other	5	(2%)

**Table 1. Descriptive characteristics of participants (Mean  $\pm$  standard deviation)**

	<b>Male</b>	<b>Female</b>	<b>Total</b>
<b>Age</b> (years)	44 $\pm$ 13.1 (38%) <sup>1</sup>	43 $\pm$ 12.8 (62%) <sup>1</sup>	43 $\pm$ 12.9 N=173 (79%) <sup>2</sup>
<b>Height</b> (inches)	69.3 $\pm$ 3.0 (38%)	63.8 $\pm$ 3.0 (62%)	65.9 $\pm$ 4.0 N=159 (73%)
<b>Weight</b> (pounds)	189.3 $\pm$ 37.0 (39%)	153.1 $\pm$ 28.9 (61%)	167.4 $\pm$ 36.8 N=157 (72%)
<b>BMI</b> (ratio)	27.3 $\pm$ 5.2 (39%)	27.0 $\pm$ 5.3 (61%)	27.1 $\pm$ 5.2 N=155 (71%)
<b>BP</b> (mmHg)	121/75 $\pm$ 12/7 (42%)	118/74 $\pm$ 15/9 (58%)	119/74 $\pm$ 14/10 N=142 (65%)

BMI, Body Mass Index calculated [weight (kg)  $\div$  height (m)<sup>2</sup>]

<sup>1</sup> Percent derived from total number of respondents by gender

<sup>2</sup> Number and percent derived from total number of respondents

**Table 2. Descriptive characteristics regarding lifestyle, fitness participation, health care and sleep.**

	<b>Male</b>	<b>Female</b>	<b>Total<sup>2</sup></b>
<b>Agreed to adopt a healthy lifestyle</b>	64 <sup>1</sup> (80%)	105 <sup>1</sup> (77%)	169 N=175 (97%)
<b>Will attend future events</b>	64 (80%)	106 (78%)	170 N=176 (97%)
<b>Possesses a personal physician</b>	58 (73%)	101 (64%)	159 N=179 (89%)
<b>Visited a doctor within the last 2 yrs</b>	57 (71%)	102 (75%)	159 N=175 (91%)
<b>Sleeps a minimum of 7 hours/night</b>	25 (31%)	45 (33%)	70 N=121 (58%)

<sup>1</sup> Number and percent of respondents by gender

<sup>2</sup> Total represents number and percent of respondents answering each question

**Table 3. Smoking characteristics for the entire group**

	<b>Male (N=80) <sup>1</sup></b>	<b>Female (N=136) <sup>1</sup></b>	<b>Total (N=216) <sup>2</sup></b>
<b>Not at all</b>	60 (75%)	106 (78%)	166 (77%)
<b>Occasional use</b>	3 (4%)	2 (2%)	5 (2%)
<b>&lt; 10 a day</b>	3 (4%)	2 (2%)	5 (2%)
<b>11~20 a day</b>	0 (0%)	0 (0%)	0 (0%)
<b>21~30 a day</b>	0 (0%)	0 (0%)	0 (0%)
<b>&gt; 30 a day</b>	0 (0%)	0 (0%)	0 (0%)
<b>N/A</b>	14 (17%)	26 (19%)	40 (19%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question**Table 4. Daily drinking habits for the entire group**

	<b>Male (N=80) <sup>1</sup></b>	<b>Female (N=136) <sup>1</sup></b>	<b>Total (N=216) <sup>2</sup></b>
<b>Not at all</b>	34 (34%)	82 (60%)	116 (54%)
<b>1~3 glasses</b>	18 (23%)	21 (15%)	39 (18%)
<b>4~5 glasses</b>	10 (13%)	5 (4%)	15 (7%)
<b>6~7 glasses</b>	2 (3%)	1 (1%)	3 (1%)
<b>8~10 glasses</b>	1 (1%)	1 (1%)	2 (1%)
<b>11~20 glasses</b>	0 (0%)	0 (0%)	0 (0%)
<b>N/A</b>	15 (19%)	26 (19%)	41 (19%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question

**Table 5. Daily TV and Computer use characteristics for the entire group**

	<b>Male (N=80) <sup>1</sup></b>	<b>Female (N=136) <sup>1</sup></b>	<b>Total (N=216) <sup>2</sup></b>
<b>0~1 hours</b>	25 (31%)	28 (21%)	53 (25%)
<b>2 hours</b>	17 (21%)	32 (24%)	49 (23%)
<b>3 hours</b>	11 (14%)	16 (12%)	27 (13%)
<b>4 hours</b>	4 (5%)	12 (9%)	16 (7%)
<b>5 hours</b>	3 (4%)	9 (7%)	12 (6%)
<b>6 hours</b>	1 (1%)	2 (2%)	3 (1%)
<b>7 or more hours</b>	4 (5%)	11 (8%)	15 (7%)
<b>N/A</b>	15 (19%)	26 (19%)	41 (19%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question**Table 6. Dieting characteristics for the entire group****Servings of fruits and vegetables daily Breakfast meals daily**

	<b>Male<sup>1</sup> (N=80)</b>	<b>Female<sup>1</sup> (N=136)</b>	<b>Total<sup>2</sup> (N=216)</b>	<b>Male<sup>1</sup> (N=80)</b>	<b>Female<sup>1</sup> (N=136)</b>	<b>Total<sup>2</sup> (N=216)</b>
<b>0</b>	2 (3%)	0 (0%)	2 (1%)	1 (1%)	3 (2%)	4 (2%)
<b>1</b>	16 (20%)	9 (7%)	25 (12%)	4 (5%)	12 (9%)	16 (7%)
<b>2</b>	12 (15%)	29 (21%)	41 (19%)	1 (1%)	5 (4%)	6 (3%)
<b>3</b>	9 (11%)	19 (14%)	28 (13%)	1 (1%)	9 (6%)	10 (5%)
<b>4</b>	3 (4%)	9 (7%)	12 (6%)	7 (9%)	7 (5%)	14 (6%)
<b>5</b>	1 (1%)	5 (4%)	6 (3%)	8 (10%)	11 (8%)	19 (9%)
<b>6</b>	1 (1%)	3 (2%)	4 (2%)	1 (1%)	4 (3%)	5 (2%)
<b>7</b>	4 (5%)	5 (4%)	9 (4%)	27 (34%)	28 (21%)	55 (25%)
<b>N/A</b>	30 (38%)	57 (42%)	87 (40%)	30 (38%)	58 (43%)	88 (41%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question

## EVENT #1 – ADULT DATA ANALYSIS GRAPHICS

Figure 1. Number of times per week participated in exercise and fitness activities (N=219)

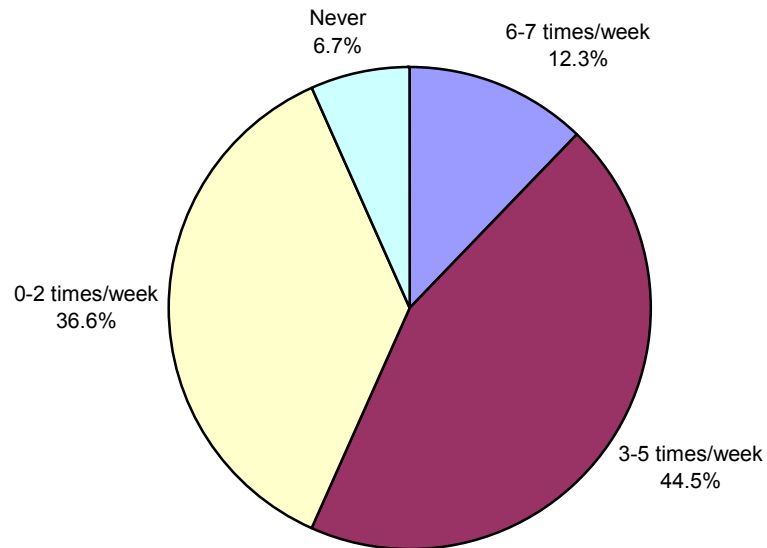
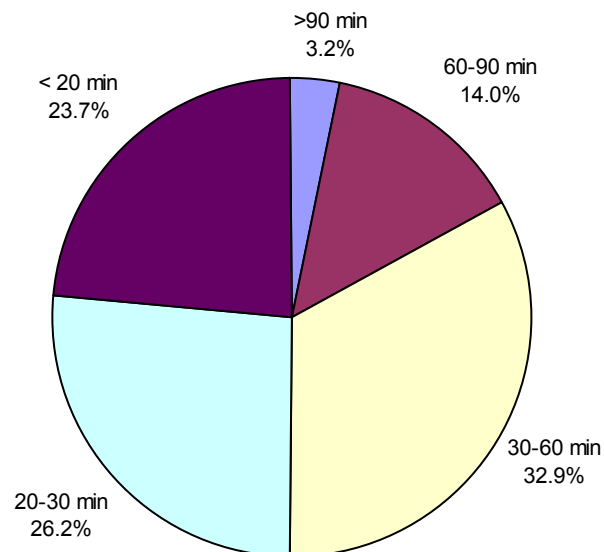
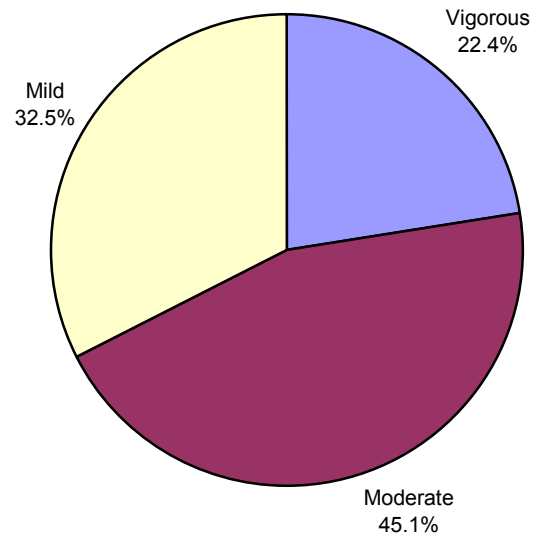


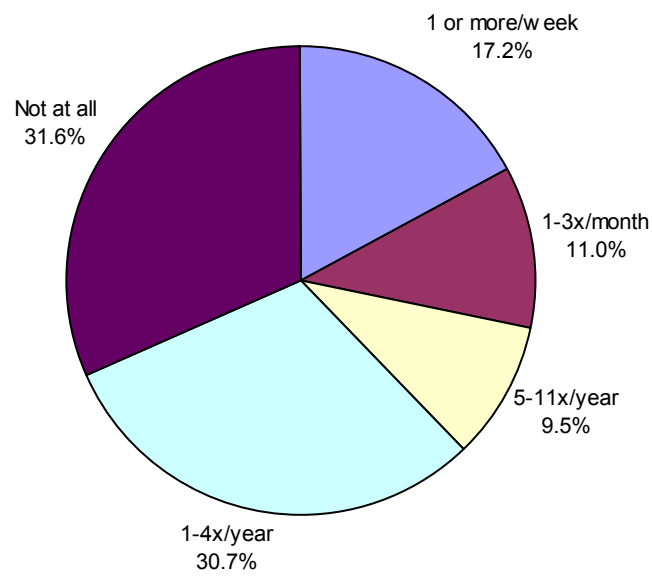
Figure 2. Length of time spent per exercise session (N=219)



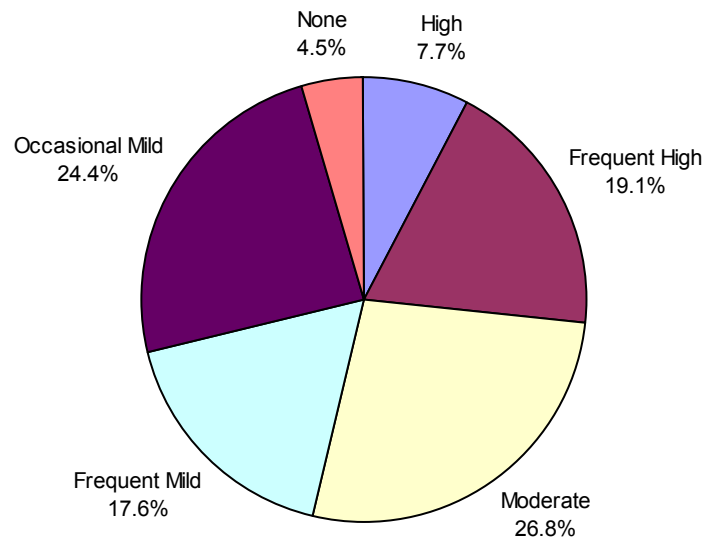
**Figure 3. Intensity of exercise (N=219)**



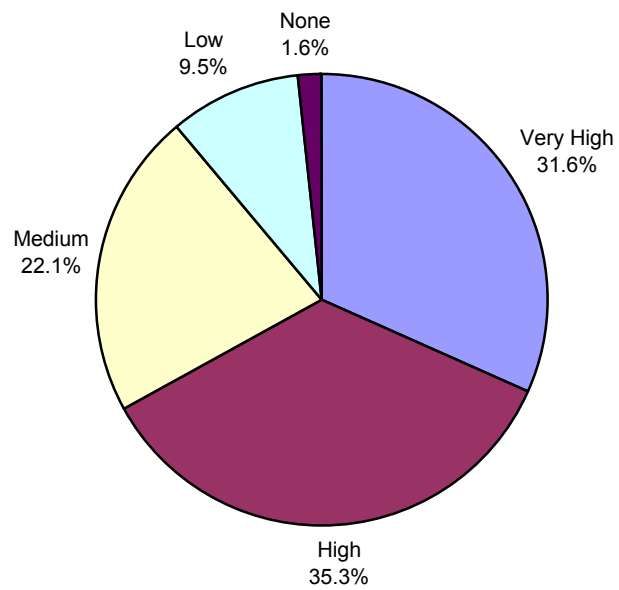
**Figure 4. Frequency utilizing the public parks for exercise (N=219)**



**Figure 5. Rating on perceived daily stress level (N=219)**



**Figure 6. Motivation to adopt a healthy lifestyle (N=219)**





## **EVENT #2 – DATA ANALYSIS SUMMARY**

### **August 1, 2003 - City of Homestead Mainstreet Fair**

According to our analysis, forty (40) participants filled out questionnaires, the majority of which, 95%, completed their Fitness Assessment. In this event, the average age was forty-seven (47) years while 50% of respondents were female and 50% were male.

The majority of respondents in Homestead were Caucasian, 50%, followed by Hispanic at 20%, Asian/Indian at 5%, African-American at 3%, and other at 3%. A total of 19% did not complete racial/ethnic information. The average BMI was 27.0, which indicated an overweight group, and the mean blood pressure of 126/79 mmHg was normal.

A total of 92% of respondents agreed to adopt a healthy lifestyle while only 74% indicated they would attend future events. A total of 87% indicated that they possessed a personal physician while 97% indicated visiting a doctor within the last two (2) years.

A total of 80% of participants did not smoke at all and 60% did not drink alcoholic beverages at all. In this group, 71% of respondents watched TV and used computer 0-3 hours daily. A total of 72% of respondents ate breakfast 4-7 times per week while only 18% ate 4-7 servings daily of fruits and vegetables.

In the Homestead group, over 55% of respondents exercised three (3) or more times per week while 84.7% of subjects exercised at least twenty (20) minutes per session which is the minimum session length recommended by the American College of Sports Medicine.

A total of 76.3% of respondents reported a moderate to high intensity of exercise. Concomitant with a high level of physical activity participation, 30% of this group of individuals indicated zero (0) to mild stress levels. 47.5% of respondents did not use the public parks at all while 30% used it only 1-4 times/year.

A total of 57.5% of respondents had a high to very high motivation to adopt a healthy lifestyle. Thus the Homestead participants represented one of the more active groups, the respondents were overweight and very committed to adopting a healthy lifestyle.

## **EVENT #2 – DATA ANALYSIS STATISTICS**

<b>1. Total Number:</b>	<b>40</b>	
<b>2. Completed all information:</b>	34	(85%)
<b>3. Participants with Fitness Assessment information: (including Height, Weight, BMI and BP)</b>	38	(95%)
<b>4. Participants completing all questions: (excluding Fitness Assessment information)</b>	34	(85%)
<b>5. Participants Who Signed Consent &amp; Release:</b>	40	(100%)
<b>6. Participants Who Signed for Focus Group:</b>	11	(28%)

7. N/A Forms:	6	(15%)
8. Sex: Male	20	(50%)
Female	20	(50%)
9. Race: Hispanic	8	(20%)
Caucasian	20	(50%)
African American	1	(3%)
Asian/Indian	2	(5%)
Other	1	(3%)

**Table 1. Descriptive characteristics of participants (Mean  $\pm$  standard deviation)**

	Male	Female	Total
<b>Age</b> (years)	47 $\pm$ 17 (50%) <sup>1</sup>	47 $\pm$ 11 (50%) <sup>1</sup>	47 $\pm$ 14 N=36 (90%) <sup>2</sup>
<b>Height</b> (inches)	69.4 $\pm$ 2.6 (50%)	62.2 $\pm$ 3.2 (50%)	65.8 $\pm$ 4.2 N=40 (100%)
<b>Weight</b> (pounds)	193.1 $\pm$ 38.8 (50%)	142.8 $\pm$ 24.1 (50%)	167.9 $\pm$ 40.8 N=40 (100%)
<b>BMI</b> (ratio)	28.1 $\pm$ 5.6 (50%)	25.8 $\pm$ 4.4 (49%)	27.0 $\pm$ 5.1 N=39 (95%)
<b>BP</b> (mmHg)	130/81 $\pm$ 17/12 (50%)	122/78 $\pm$ 20/11 (50%)	126/79 $\pm$ 19/11 N=38 (90%)

BMI, Body Mass Index calculated [weight (kg)  $\div$  height (m)<sup>2</sup>]

<sup>1</sup> Percent derived from total number of respondents by gender

<sup>2</sup> Number and percent derived from total number of respondents

**Table 2. Descriptive characteristics regarding lifestyle, fitness participation, health care and sleep.**

	Male	Female	Total <sup>2</sup>
<b>Agreed to adopt a healthy lifestyle</b>	18 <sup>1</sup> (90%)	18 <sup>1</sup> (90%)	36 N=39 (92%)
<b>Will attend future events</b>	15 (75%)	13 (65%)	28 N=38 (74%)
<b>Possesses a personal physician</b>	18 (90%)	15 (75%)	33 N=38 (87%)
<b>Visited a doctor within the last 2 yrs</b>	19 (95%)	17 (85%)	36 N=37 (97%)
<b>Sleeping a minimum of 7 hours/night</b>	14 (70%)	13 (65%)	27 N=40 (68%)

<sup>1</sup> Number and percent of respondents by gender

<sup>2</sup> Total represents number and percent of respondents answering each question

**Table 3. Smoking characteristics for the entire group**

	<b>Male (N=20)<sup>1</sup></b>	<b>Female (N=20)<sup>1</sup></b>	<b>Total (N=40)<sup>2</sup></b>
<b>Not at all</b>	12 (60%)	20 (100%)	32 (80%)
<b>Occasional use</b>	2 (10%)	0 (0%)	2 (5%)
<b>&lt; 10 a day</b>	5 (25%)	0 (0%)	5 (13%)
<b>11~20 a day</b>	0 (0%)	0 (0%)	0 (0%)
<b>21~30 a day</b>	1 (5%)	0 (0%)	1 (3%)
<b>&gt; 30 a day</b>	0 (0%)	0 (0%)	0 (0%)
<b>N/A</b>	0 (0%)	0 (0%)	0 (0%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question**Table 4. Daily drinking habits for the entire group**

	<b>Male (N=20)<sup>1</sup></b>	<b>Female (N=20)<sup>1</sup></b>	<b>Total (N=40)<sup>2</sup></b>
<b>Not at all</b>	11 (55%)	13 (65%)	24 (60%)
<b>1~3 glasses</b>	8 (40%)	4 (20%)	12 (30%)
<b>4~5 glasses</b>	0 (0%)	0 (0%)	0 (0%)
<b>6~7 glasses</b>	0 (0%)	1 (5%)	1 (3%)
<b>8~10 glasses</b>	0 (0%)	1 (5%)	1 (3%)
<b>11~20 glasses</b>	1 (5%)	1 (5%)	2 (5%)
<b>N/A</b>	0 (0%)	0 (0%)	0 (0%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question

**Table 5. Daily TV and Computer use characteristics for the entire group**

	<b>Male (N=20)<sup>1</sup></b>	<b>Female (N=20)<sup>1</sup></b>	<b>Total (N=40)<sup>2</sup></b>
<b>0~1 hours</b>	4 (20%)	5 (25%)	9 (23%)
<b>2 hours</b>	5 (25%)	5 (25%)	10 (25%)
<b>3 hours</b>	5 (25%)	4 (20%)	9 (23%)
<b>4 hours</b>	3 (15%)	2 (10%)	5 (13%)
<b>5 hours</b>	1 (5%)	1 (5%)	2 (10%)
<b>6 hours</b>	0 (0%)	0 (0%)	0 (0%)
<b>7 or more hours</b>	2 (10%)	3 (15%)	5 (13%)
<b>N/A</b>	0 (0%)	0 (0%)	0 (0%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question**Table 6. Dieting characteristics of the entire group**  
**Servings of fruits and vegetables daily Breakfast meals daily**

	<b>Male<sup>1</sup> (N=20)</b>	<b>Female<sup>1</sup> (N=20)</b>	<b>Total<sup>2</sup> (N=40)</b>	<b>Male<sup>1</sup> (N=20)</b>	<b>Female<sup>1</sup> (N=20)</b>	<b>Total<sup>2</sup> (N=40)</b>
<b>0</b>	1 (5%)	1 (5%)	2 (5%)	0 (0%)	2 (10%)	2 (5%)
<b>1</b>	3 (15%)	4 (20%)	7 (18%)	0 (0%)	1 (5%)	1 (3%)
<b>2</b>	11 (55%)	5 (25%)	16 (40%)	4 (20%)	2 (10%)	6 (15%)
<b>3</b>	3 (15%)	5 (25%)	8 (20%)	2 (10%)	0 (0%)	2 (5%)
<b>4</b>	1 (5%)	1 (5%)	2 (5%)	1 (5%)	3 (15%)	4 (10%)
<b>5</b>	0 (0%)	0 (0%)	0 (0%)	4 (20%)	1 (5%)	5 (13%)
<b>6</b>	0 (0%)	4 (20%)	4 (10%)	0 (0%)	1 (5%)	1 (3%)
<b>7</b>	1 (5%)	0 (0%)	1 (3%)	9 (45%)	9 (45%)	18 (46%)
<b>N/A</b>	0 (0%)	0 (0%)	0 (0%)	0 (0%)	1 (5%)	1 (5%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question

## EVENT #2 – DATA ANALYSIS GRAPHICS

Figure 1. Number of times per week participated in exercise and fitness activities (N=40)

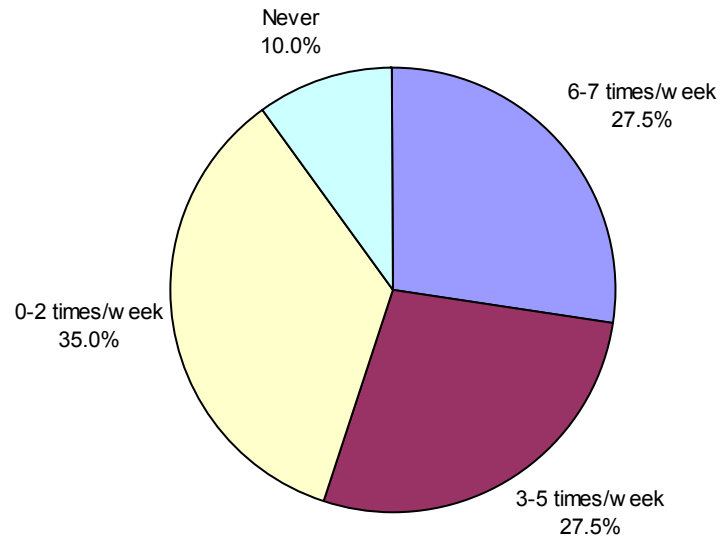
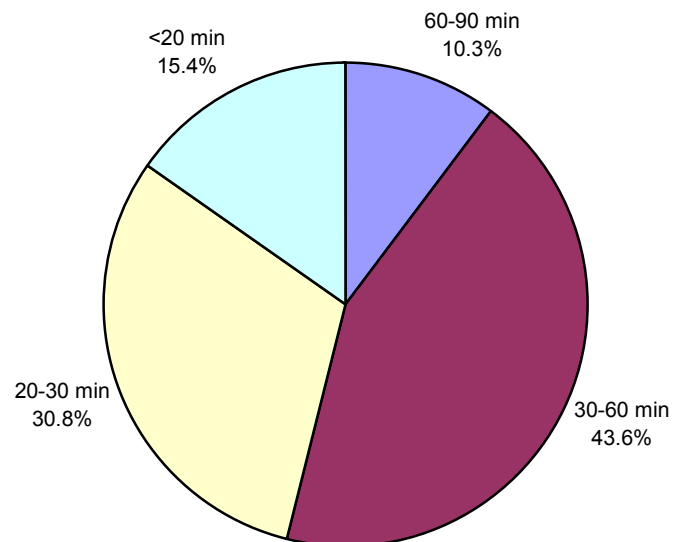
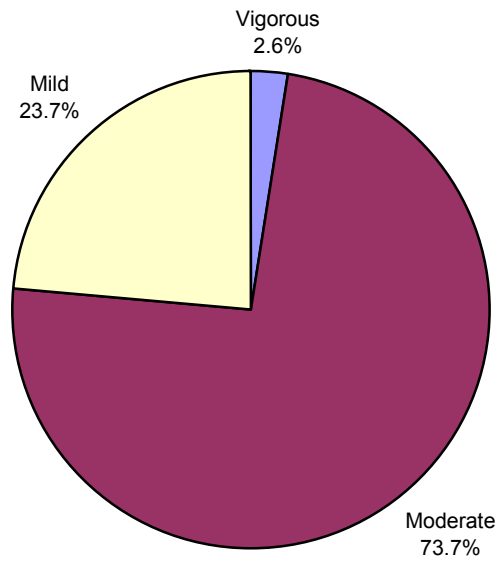


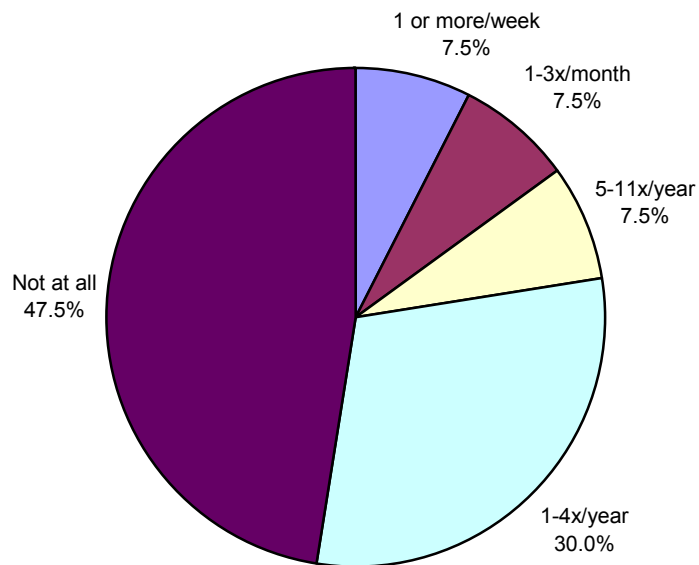
Figure 2. Length of time spent per exercise session (N=40)



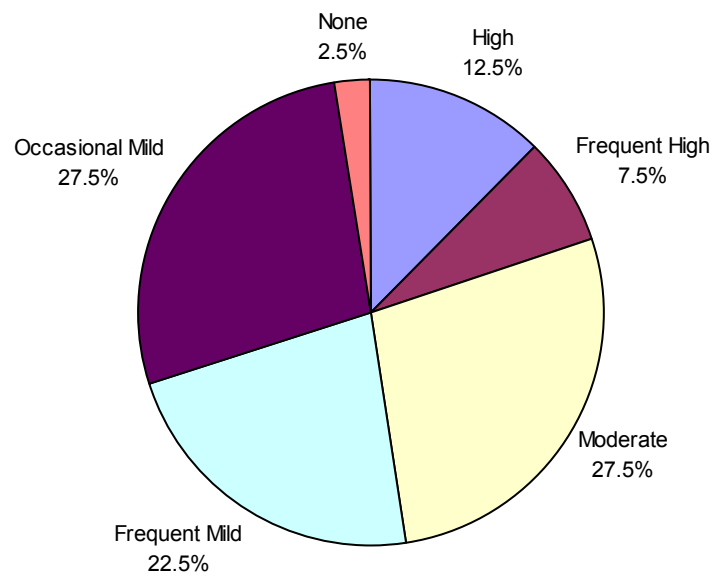
**Figure 3. Intensity of exercise (N=40)**



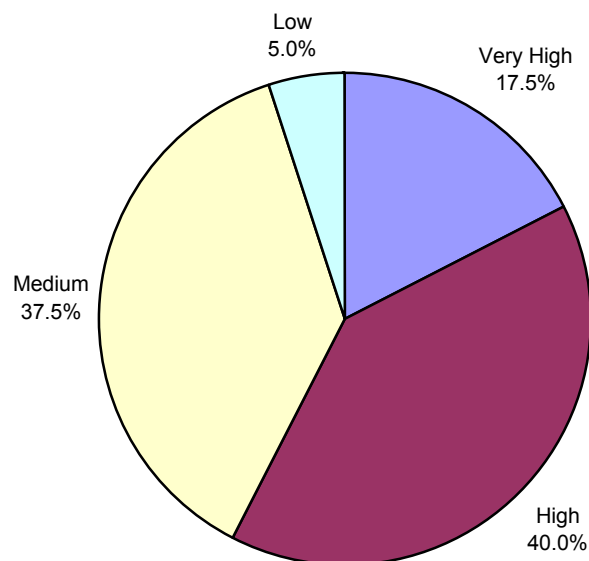
**Figure 4. Frequency utilizing the public parks for exercise (N=40)**



**Figure 5. Rating on perceived daily stress level (N=40)**



**Figure 6. Motivation to adopt a healthy lifestyle (N=40)**





In Partnership with:

**Health Foundation**  
*of South Florida*

Presented by:



**¿QUIERES ADQUIRIR UNA BUENA SALUD  
PERO NO SABES CÓMO HACERLO?**

**Acepta el Reto y...**

***¡Ponte en forma! ¡Aliméntate bien! ¡Relájate!***

Si quieres estar en buenas condiciones físicas, alimentarte correctamente y controlar el estrés, únete a este programa mensual GRATUITO de un año de duración que ha sido diseñado para ayudarte a ti y a tu familia a volverse personas con buena salud.



**Es divertido, gratis y ¡depende de ti!**



**PARA INFORMACIÓN SOBRE LOS EVENTOS MENSUALES, llama al  
305-375-3333 o visita el [www.mayorschallenge.net](http://www.mayorschallenge.net)**



The Miami Herald

el Nuevo Herald



## **EVENT # 3 – DATA ANALYSIS SUMMARY**

### **September, 27, 2003 - Heart Association Walk**

According to our analysis, 105 participants filled out questionnaires, the majority of which, 96%, completed their Fitness Assessment. The average age of respondents was forty-five (45) years.

Once again, the majority of respondents, 74%, were female while only 26% were male. Furthermore, the majority of respondents, 34% were Hispanic, followed by African-American at 23%, followed by Caucasian at 16%, Asian/Indian at 2%, and other, 2%. A total of 23% did not complete racial/ethnic information.

According to the Fitness Assessment, the majority of registrants had a BMI of 32.4, which indicated Grade I obesity, and a normal blood pressure of 122/77 mmHg.

Close to 90% of registrants agreed to adopt a healthy lifestyle and intended to participate in future events. In addition 90% of participants possessed a personal physician whom they visited within the last two (2) years.

A total of 86% of registrants never smoked and 64% indicated they did not drink alcoholic beverages at all. A total of 64% of respondents watched TV or used the computer 0-3 hours daily. Only 22% of registrants ate 4-7 servings daily of fruits and vegetables whereas 57% of respondents ate breakfast 4-7 times per week.

Unfortunately, a total of 41.6% did not respond to weekly exercise participation. Of those that did respond, over 54% exercised three (3) or more times per week and 39.4% exercised 0-2 times per week. Close to 90% exercised twenty (20) or more minutes per session, the minimum amount suggested by the American College of Sports Medicine.

Furthermore, over 65% of respondents reported a moderate to vigorous intensity of exercise. 27% used the public parks 1-4 times yearly and 38.2% did not use the public parks at all, which represented the majority of registrants answering this question. Over 63% of registrants were highly or very highly motivated to adopt a healthy lifestyle while over 40% possessed a moderate to high stress level daily.

In summary, this group represented individuals interested in adopting a healthy lifestyle, 88%, who, for the most part did not drink alcoholic beverages or smoke. A large number of respondents ate breakfast 4-7 times per week and a small number had 4-7 servings of fruits and vegetables daily. A large number of individuals in the Heart Association Walk did not use the parks and recreation facilities for exercise and this group displayed a high BMI consistent with Grade I obesity.

## **EVENT #3 – DATA ANALYSIS STATISTICS**

<b>1. Total Number:</b>	<b>105</b>	
<b>2. Completed all information:</b>	<b>63</b>	<b>(60%)</b>

3. Participants with Fitness Assessment information: (including Height, Weight, BMI and BP)	101	(96%)
4. Participants completing all questions: (excluding Fitness Assessment information)	66	(63%)
5. Participants Who Signed Consent & Release:	94	(90%)
6. Participants Who Signed for Focus Group:	33	(31%)
7. N/A Forms:	42	(40%)
8. Sex: Male	27	(26%)
Female	78	(74%)
9. Race: Hispanic	36	(34%)
Caucasian	17	(16%)
African American	24	(23%)
Asian/Indian	2	(2%)
Other	2	(2%)

**Table 1. Descriptive characteristics of participants (Mean  $\pm$  standard deviation)**

	Male	Female	Total
<b>Age</b> (years)	50 $\pm$ 12 (26%) <sup>1</sup>	43 $\pm$ 13 (74%) <sup>1</sup>	45 $\pm$ 13 N=97 (92%) <sup>2</sup>
<b>Height</b> (inches)	70.3 $\pm$ 2.7 (26%)	64.4 $\pm$ 3.0 (74%)	65.9 $\pm$ 3.9 N=105 (100%)
<b>Weight</b> (pounds)	199.7 $\pm$ 34.1 (26%)	169.7 $\pm$ 44.1 (74%)	177.5 $\pm$ 41.4 N=104 (99%)
<b>BMI</b> (ratio)	28.0 $\pm$ 4.7 (25%)	33.8 $\pm$ 42.6 (75%)	32.4 $\pm$ 36.8 N=102 (97%)
<b>BP</b> (mmHg)	127/79 $\pm$ 23/13 (26%)	120/76 $\pm$ 16/10 (74%)	122/77 $\pm$ 18/11 N=105 (100%)

BMI, Body Mass Index calculated [weight (kg)  $\div$  height (m)<sup>2</sup>]

<sup>1</sup> Percent derived from total number of respondents by gender

<sup>2</sup> Number and percent derived from total number of respondents

**Table 2. Descriptive characteristics regarding lifestyle, fitness participation, health care and sleep.**

	<b>Male</b>	<b>Female</b>	<b>Total<sup>2</sup></b>
<b>Agreed to adopt a healthy lifestyle</b>	21 <sup>1</sup> (78%)	68 <sup>1</sup> (87%)	89 N=92 (88%)
<b>Will attend future events</b>	20 (74%)	62 (80%)	82 N=93 (89%)
<b>Possesses a personal physician</b>	22 (82%)	66 (85%)	88 N=95 (90%)
<b>Visited a doctor within the last 2 yrs</b>	20 (74%)	64 (82%)	84 N=94 (90%)
<b>Sleeping a minimum of 7 hours/night</b>	10 (37%)	35 (45%)	45 N=84 (80%)

<sup>1</sup> Number and percent of respondents by gender

<sup>2</sup> Total represents number and percent of respondents answering each question

**Table 3. Smoking characteristics for the entire group**

	<b>Male<sup>1</sup> (N=27)</b>	<b>Female<sup>1</sup> (N=78)</b>	<b>Total (N=105)<sup>2</sup></b>
<b>Not at all</b>	22 (82%)	68 (87%)	90 (86%)
<b>Occasional use</b>	0 (0%)	2 (3%)	2 (2%)
<b>&lt; 10 a day</b>	0 (0%)	2 (3%)	2 (2%)
<b>11~20 a day</b>	0 (0%)	2 (3%)	2 (2%)
<b>21~30 a day</b>	0 (0%)	0 (0%)	0 (0%)
<b>&gt; 30 a day</b>	0 (0%)	0 (0%)	0 (0%)
<b>N/A</b>	5 (19%)	4 (5%)	9 (9%)

<sup>1</sup> Number and percent of respondents by gender

<sup>2</sup> Total represents number and percent of respondents answering this question

**Table 4. Daily Drinking habits for the entire group**

	<b>Male (N=27) <sup>1</sup></b>	<b>Female (N=78) <sup>1</sup></b>	<b>Total (N=105) <sup>2</sup></b>
<b>Not at all</b>	10 (37%)	57 (73%)	67 (64%)
<b>1~3 glasses</b>	10 (37%)	13 (17%)	23 (22%)
<b>4~5 glasses</b>	1 (4%)	2 (3%)	3 (3%)
<b>6~7 glasses</b>	1 (4%)	2 (3%)	3 (3%)
<b>8~10 glasses</b>	0 (0%)	0 (0%)	0 (0%)
<b>11~20 glasses</b>	0 (0%)	0 (0%)	0 (0%)
<b>N/A</b>	5 (19%)	4 (5%)	9 (9%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question**Table 5. Daily TV and Computer use characteristics for the entire group**

	<b>Male (N=27) <sup>1</sup></b>	<b>Female (N=78) <sup>1</sup></b>	<b>Total (N=105) <sup>2</sup></b>
<b>0~1 hours</b>	2 (7%)	19 (24%)	21 (20%)
<b>2 hours</b>	12 (44%)	21 (27%)	33 (31%)
<b>3 hours</b>	2 (7%)	12 (15%)	14 (13%)
<b>4 hours</b>	4 (15%)	8 (10%)	12 (11%)
<b>5 hours</b>	0 (0%)	1 (1%)	1 (1%)
<b>6 hours</b>	0 (0%)	0 (0%)	0 (0%)
<b>7 or more hours</b>	2 (7%)	11 (14%)	13 (12%)
<b>N/A</b>	5 (19%)	6 (8%)	11 (10%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question

**Table 6. Dieting characteristics for the entire group**

**Servings of fruits and vegetables daily**

**Breakfast meals daily**

	<b>Male<sup>1</sup> (N=27)</b>	<b>Female<sup>1</sup> (N=78)</b>	<b>Total<sup>2</sup> (N=105)</b>	<b>Male<sup>1</sup> (N=27)</b>	<b>Female<sup>1</sup> (N=78)</b>	<b>Total<sup>2</sup> (N=105)</b>
<b>0</b>	0 (0%)	1 (1%)	2 (2%)	0 (0%)	5 (6%)	5 (5%)
<b>1</b>	8 (30%)	12 (15%)	20 (21%)	0 (0%)	9 (12%)	9 (9%)
<b>2</b>	6 (22%)	21 (27%)	27 (29%)	4 (15%)	8 (10%)	12 (12%)
<b>3</b>	4 (15%)	21 (27%)	25 (27%)	0 (0%)	9 (12%)	9 (9%)
<b>4</b>	4 (15%)	10 (13%)	14 (15%)	4 (15%)	3 (4%)	7 (7%)
<b>5</b>	2 (7%)	4 (5%)	6 (6%)	4 (15%)	6 (8%)	10 (10%)
<b>6</b>	0 (0%)	0 (0%)	0 (0%)	1 (4%)	4 (5%)	5 (5%)
<b>7</b>	0 (0%)	1 (1%)	1 (1%)	10 (37%)	25 (32%)	35 (35%)
<b>N/A</b>	3 (11%)	8 (10%)	11 (10%)	5 (15%)	9 (12%)	14 (13%)

<sup>1</sup> Number and percent of respondents by gender

<sup>2</sup> Total represents number and percent of respondents answering this question

### EVENT # 3 – DATA ANALYSIS GRAPHICS

Figure 1. Number of times per week participated in exercise and fitness activities (N=105)

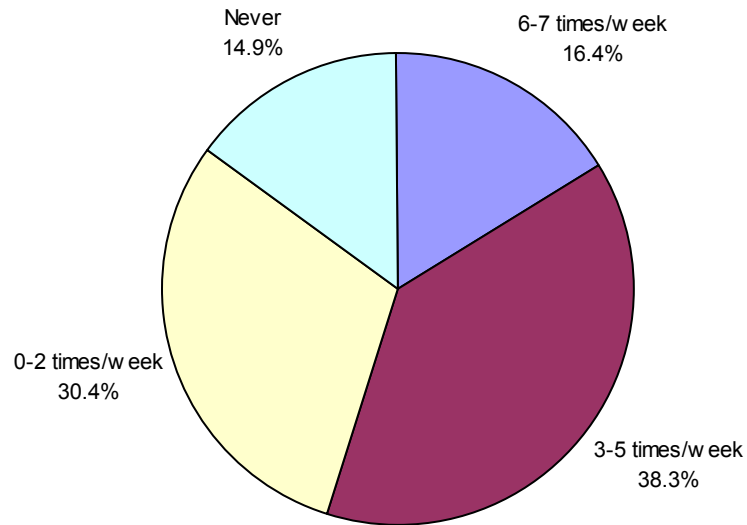
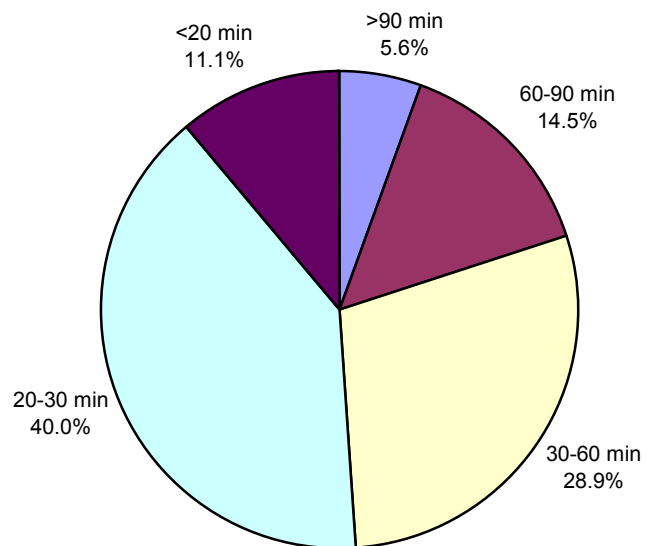
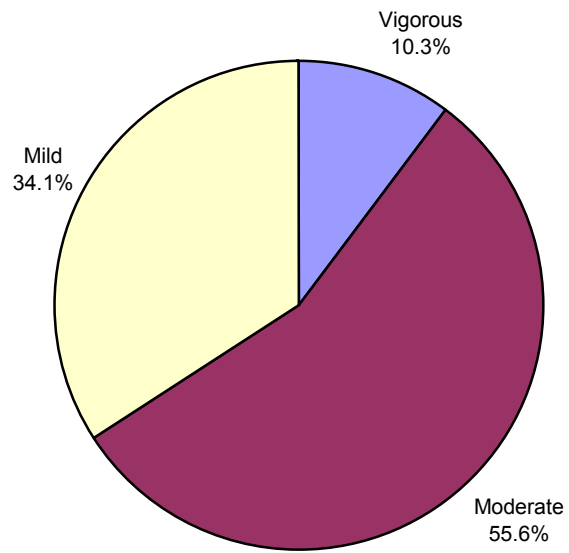


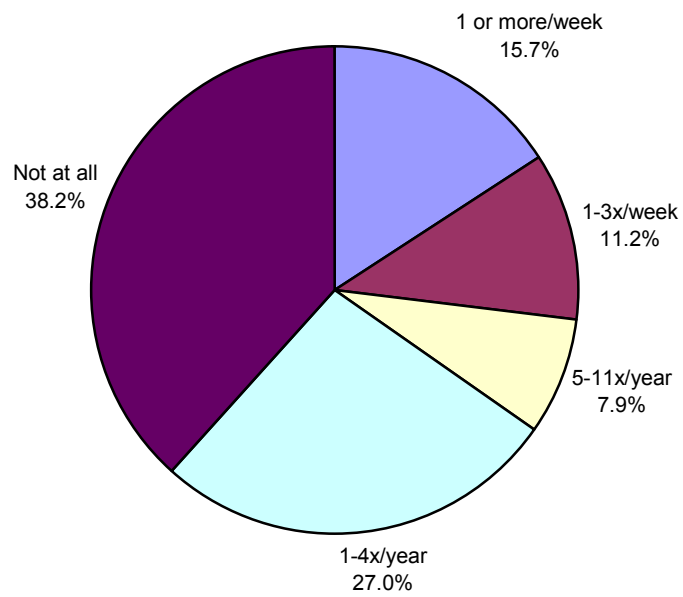
Figure 2. Length of time spent per exercise session (N=105)



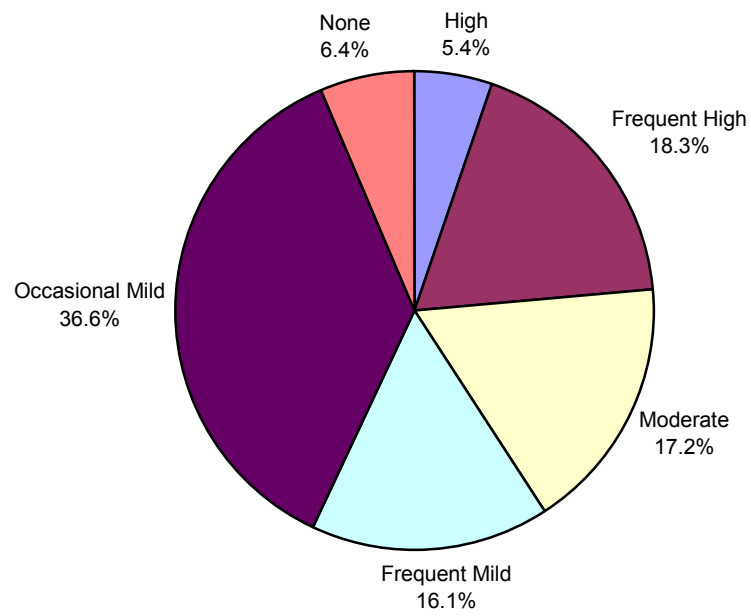
**Figure 3. Intensity of exercise (N=105)**



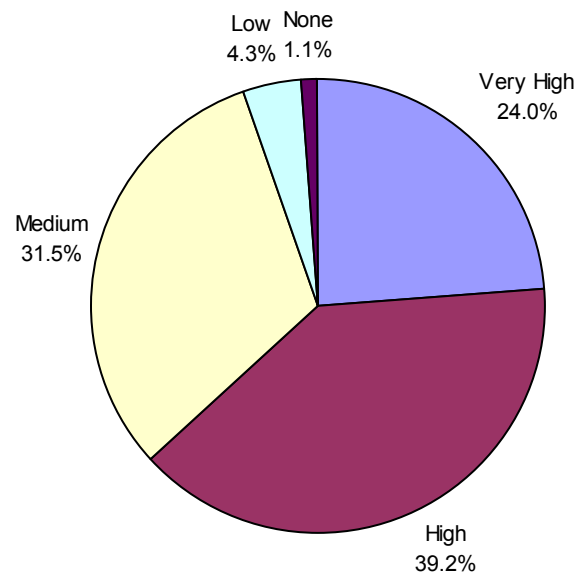
**Figure 4. Frequency utilizing the public parks for exercise (N=105)**



**Figure 5. Rating on perceived daily stress level (N=105)**



**Figure 6. Motivation to adopt a healthy lifestyle (N=105)**





## **EVENT #4 – DATA ANALYSIS SUMMARY**

### **October 18-19, 2003 - Annual Miami International Mall Women's Expo and Health Fair**

According to our analysis, 162 people filled out questionnaires, the majority of which, 91%, completed their Fitness Assessment. Again the majority of respondents, 67%, were female, while 27% were male. Ethnic constituency at this event was 48% Hispanic, 4% Caucasian, 3% African-American, 1% Asian/Indian, and 1% other.

A total of 43% did not complete racial/ethnic information. The average age of participants was forty-three (43) years with a BMI of 32.2 indicating Grade I obesity and a normal blood pressure of 124/76 mmHg.

A total of 92% of respondents agreed to adopt a healthy lifestyle while 86% indicated they would attend future events. Only 64% of respondents answering this question possessed a personal physician while 67% visited a physician within the last two (2) years.

The majority of respondents, 75%, did not smoke at all and 56% did not drink alcoholic beverages at all. A total of 66% of respondents watched TV or used the computer 0-3 hours daily. While 67% ate breakfast 4-7 times weekly, only 13% ate 4-7 servings of fruits and vegetables daily.

A total of 36% of respondents exercised three (3) or more time per week. Unfortunately, 63% exercised 0-2 times per week. While 37.3% exercised less than twenty (20) minutes per session, almost 63% exercised twenty (20) minutes or more each session. Almost 54% rated their intensity of exercise as moderate to vigorous yet 46.4% rated their exercise intensity as mild. Almost 68% of respondents rated their stress level as zero (0) to mild.

The majority of respondents, 60.8%, did not use the public parks for exercise at all. Almost 44% rated their motivation to adopt a healthy lifestyle as high to very high while 36.7% rated their motivation as medium.

Thus the International Mall group of participants were obese and did not exercise frequently, while the length of time spent exercising during each session could have been longer for 37.3% of respondents. The majority of was motivated to adopt a healthy lifestyle, but did not use public parks as areas of physical exercise.

## **EVENT #4 – DATA ANALYSIS STATISTICS**

<b>1. Total Number:</b>	<b>162</b>	
2. Completed all information:	87	(54%)
3. Participants with Fitness Assessment information: (including Height, Weight, BMI and BP)	147	(91%)
4. Participants completing all questions: (excluding Fitness Assessment information)	97	(60%)

5. Participants Who Signed Consent & Release:	157	(97%)
6. Participants Who Signed for Focus Group:	53	(33%)
7. N/A Forms:	75	(46%)
8. Sex: Male	44	(27%)
Female	108	(67%)
9. Race: Hispanic	78	(48%)
Caucasian	7	(4%)
African American	4	(3%)
Asian/Indian	1	(1%)
Other	2	(1%)

**Table 1. Descriptive characteristics of participants (Mean  $\pm$  standard deviation)**

	Male	Female	Total
<b>Age</b> (years)	43 $\pm$ 19 (32%) <sup>1</sup>	43 $\pm$ 17 (66%) <sup>1</sup>	43 $\pm$ 17 N=136 (82%) <sup>2</sup>
<b>Height</b> (inches)	66.0 $\pm$ 2.7 (27%)	62.7 $\pm$ 2.9 (67%)	63.0 $\pm$ 3.3 N=149 (92%)
<b>Weight</b> (pounds)	175.9 $\pm$ 35.2 (27%)	151.4 $\pm$ 30.7 (67%)	159.3 $\pm$ 33.5 N=151 (93%)
<b>BMI</b> (ratio)	30.0 $\pm$ 16.5 (25%)	31.9 $\pm$ 7.96 (68%)	32.2 $\pm$ 13.8 N=143 (88%)
<b>BP</b> (mmHg)	129/77 $\pm$ 18/11 (25%)	122/75 $\pm$ 18/11 (69%)	124/76 $\pm$ 18/11 N=140 (86%)

BMI, Body Mass Index calculated [weight (kg)  $\div$  height (m)<sup>2</sup>]

<sup>1</sup> Percent derived from total number of respondents by gender

<sup>2</sup> Number and percent derived from total number of respondents

**Table 2. Descriptive characteristics regarding lifestyle, fitness participation, health care and sleep.**

	<b>Male</b>	<b>Female</b>	<b>Total<sup>2</sup></b>
<b>Agreed to adopt a healthy lifestyle</b>	35 <sup>1</sup> (80%)	95 <sup>1</sup> (88%)	130 N=141 (92%)
<b>Will attend future events</b>	32 (73%)	89 (82%)	121 N=141 (86%)
<b>Possesses a personal physician</b>	30 (68%)	60 (56%)	90 N=141 (64%)
<b>Visited a doctor within the last 2 yrs</b>	30 (68%)	78 (72%)	108 N=140 (77%)
<b>Sleeping a minimum of 7 hours/night</b>	22 (50%)	67 (62%)	89 N=141 (63%)

<sup>1</sup> Number and percent of respondents by gender

<sup>2</sup> Total represents number and percent of respondents answering each question

**Table 3. Smoking characteristics for the entire group**

	<b>Male<sup>1</sup> (N=44)</b>	<b>Female<sup>1</sup> (N=106)</b>	<b>Total (N=150)<sup>2</sup></b>
<b>Not at all</b>	33 (75%)	79 (87%)	112 (75%)
<b>Occasional use</b>	1 (2%)	11 (3%)	13 (9%)
<b>&lt; 10 a day</b>	5 (11%)	7 (3%)	12 (8%)
<b>11~20 a day</b>	0 (0%)	3 (3%)	3 (2%)
<b>21~30 a day</b>	1 (2%)	1 (0%)	2 (1%)
<b>&gt; 30 a day</b>	0 (0%)	0 (0%)	0 (0%)
<b>N/A</b>	4 (9%)	7 (7%)	11 (7%)

<sup>1</sup> Number and percent of respondents by gender

<sup>2</sup> Total represents number and percent of respondents answering this question

**Table 4. Daily drinking habits for the entire group**

	<b>Male (N=44) <sup>1</sup></b>	<b>Female (N=106) <sup>1</sup></b>	<b>Total (N=150) <sup>2</sup></b>
<b>Not at all</b>	17 (39%)	69 (64%)	86 (56%)
<b>1~3 glasses</b>	22 (50%)	30 (28%)	52 (35%)
<b>4~5 glasses</b>	0 (0%)	1 (1%)	1 (1%)
<b>6~7 glasses</b>	2 (5%)	0 (0%)	2 (1%)
<b>8~10 glasses</b>	0 (0%)	1 (1%)	1 (1%)
<b>11~20 glasses</b>	0 (0%)	0 (0%)	0 (0%)
<b>N/A</b>	3 (7%)	7 (7%)	10 (7%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question**Table 5. Daily TV and Computer use characteristics for the entire group**

	<b>Male (N=44) <sup>1</sup></b>	<b>Female (N=108) <sup>1</sup></b>	<b>Total (N=152) <sup>2</sup></b>
<b>0~1 hours</b>	9 (21%)	24 (22%)	33 (22%)
<b>2 hours</b>	9 (21%)	31 (29%)	40 (26%)
<b>3 hours</b>	9 (21%)	19 (18%)	28 (18%)
<b>4 hours</b>	5 (11%)	13 (12%)	18 (12%)
<b>5 hours</b>	2 (5%)	5 (5%)	7 (5%)
<b>6 hours</b>	2 (5%)	6 (6%)	8 (5%)
<b>7 or more hours</b>	5 (11%)	6 (6%)	11 (7%)
<b>N/A</b>	3 (7%)	4 (4%)	7 (5%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question

**Table 6. Dieting characteristics for the entire group**

**Servings of fruits and vegetables daily**

**Breakfast meals daily**

	<b>Male<sup>1</sup> (N=44)</b>	<b>Female<sup>1</sup> (N=108)</b>	<b>Total<sup>2</sup> (N=152)</b>	<b>Male<sup>1</sup> (N=44)</b>	<b>Female<sup>1</sup> (N=108)</b>	<b>Total<sup>2</sup> (N=152)</b>
<b>0</b>	4 (9%)	5 (5%)	9 (6%)	0 (0%)	7 (7%)	7 (5%)
<b>1</b>	11 (25%)	27 (25%)	38 (25%)	4 (9%)	10 (9%)	14 (9%)
<b>2</b>	13 (30%)	38 (35%)	51 (34%)	4 (9%)	6 (6%)	10 (7%)
<b>3</b>	7 (16%)	26 (41%)	33 (22%)	3 (7%)	8 (7%)	11 (7%)
<b>4</b>	5 (11%)	5 (5%)	10 (7%)	2 (5%)	9 (8%)	11 (7%)
<b>5</b>	1 (2%)	2 (2%)	3 (2%)	5 (11%)	10 (9%)	15 (10%)
<b>6</b>	0 (0%)	1 (1%)	1 (1%)	2 (5%)	3 (3%)	5 (3%)
<b>7</b>	1 (2%)	3 (3%)	4 (3%)	21 (48%)	51 (47%)	72 (47%)
<b>N/A</b>	2 (5%)	1 (1%)	3 (2%)	3 (7%)	4 (4%)	7 (5%)

<sup>1</sup> Number and percent of respondents by gender

<sup>2</sup> Total represents number and percent of respondents answering this question

#### EVENT #4 – DATA ANALYSIS GRAPHICS

Figure 1. Number of times per week participated in exercise and fitness activities (N=162)

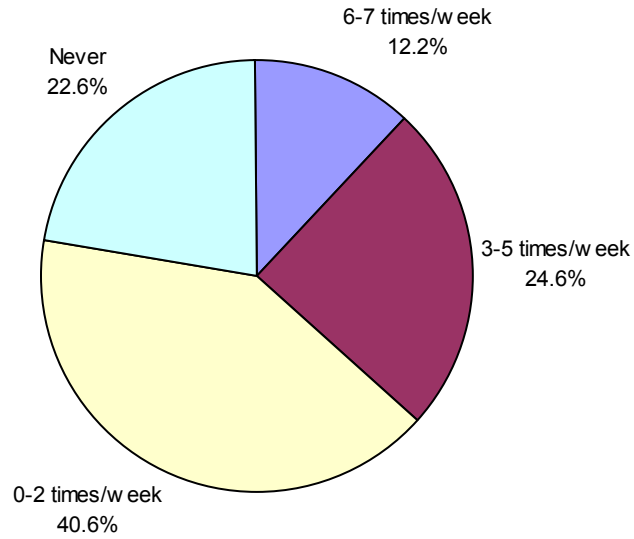
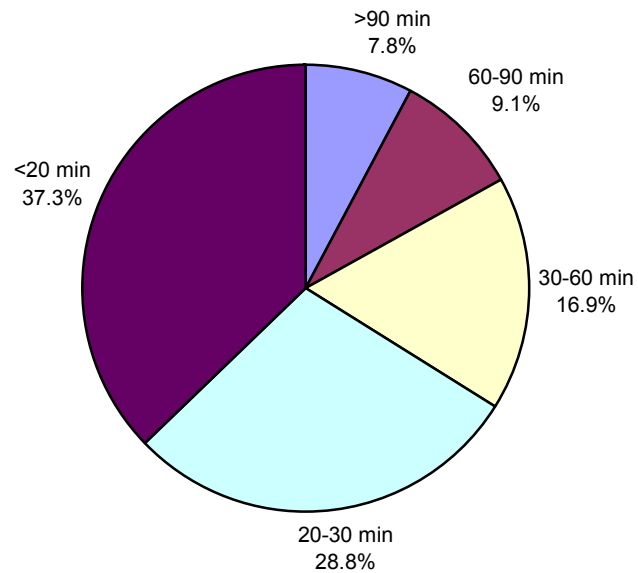
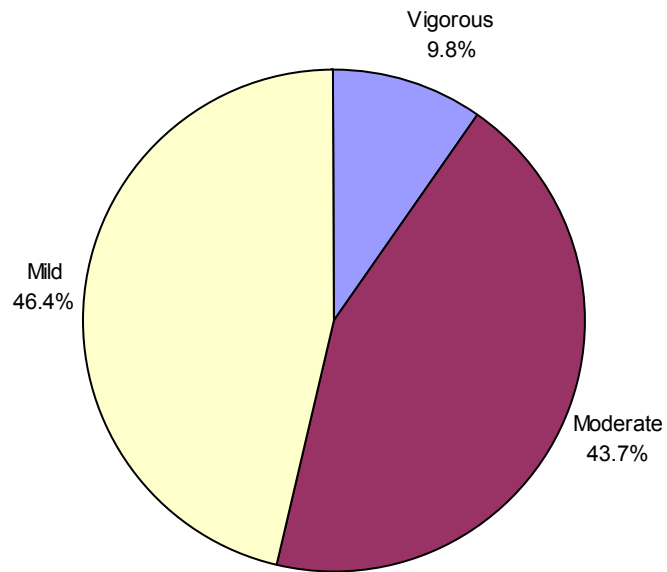


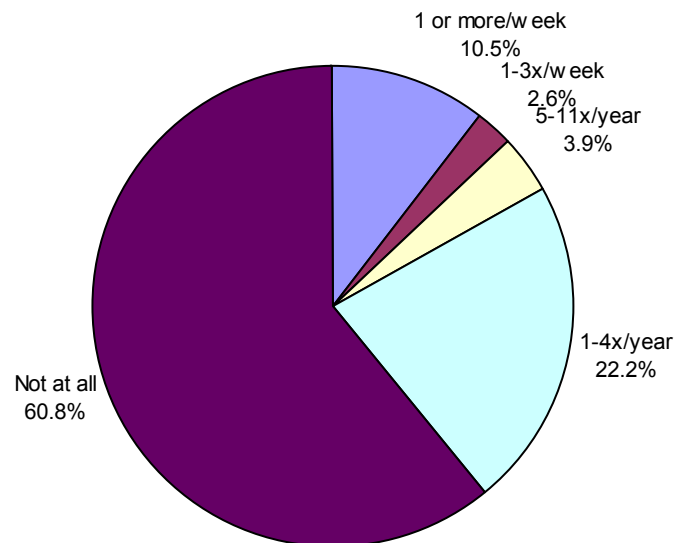
Figure 2. Length of time spent per exercise session (N=162)



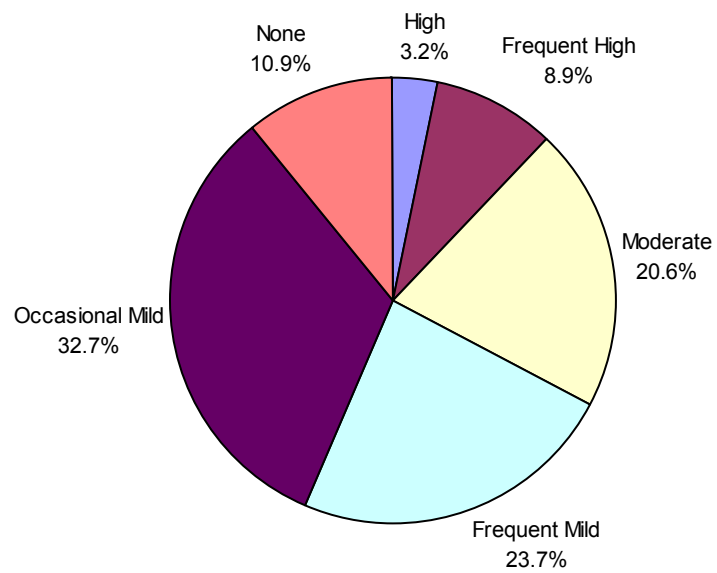
**Figure 3. Intensity of exercise (N=162)**



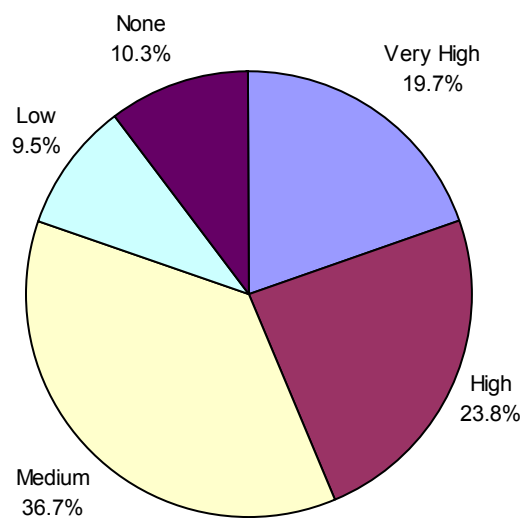
**Figure 4. Frequency utilizing the public parks for exercise (N=162)**



**Figure 5. Rating on perceived daily stress level (N=162)**



**Figure 6. Motivation to adopt a healthy lifestyle (N=162)**





## **EVENT #5 – DATA ANALYSIS SUMMARY**

### **November 1-2, 2003 - South Miami Festival of the Arts**

According to our analysis, this event had 343 registrants, the largest of all recorded events. A total of 85% completed their Fitness Assessment information and 62% were female while 36% were male. A total of 35% were Hispanic, 27% were Caucasian, 4% were African-American, 2% were Asian/Indian, and 2% were other. A total of 30% did not complete the racial/ethnic information. The average age of participants was forty-nine (49) years while the average BMI was 26.6 indicating an overweight but not obese group. The average blood pressure was 122/77 mmHg, which is considered normal.

A total of 86% of respondents agreed to adopt a healthy lifestyle while 70% indicated they would attend future events. A total of 85% of respondents possessed a personal physician while 87% visited a physician within the last two (2) years. A total of 79% of respondents did not smoke at all while less than half, 48% did not drink alcoholic beverages at all. A total of 34% in this group, the highest of all the groups, reported drinking 1-3 glasses of alcoholic beverage daily.

A total of 70% of respondents reported watching TV or using computers 0-3 hours daily. While 67% of respondents ate breakfast 4-7 times weekly, only 13% of respondents ate 4-7 servings of fruits and vegetables daily.

A total of 50% of respondents exercised 3-7 times per week while 49.1% exercised 0-2 times per week. Furthermore, close to 80% of respondents exercised twenty (20) or more minutes per session. Of those that reported the intensive of their exercise, 67.5% indicated a moderate to vigorous level.

While 47% of respondents indicated their stress level as moderate to high, almost 53% indicated zero (0) to mild stress. Almost 64% of respondents indicated a high to very high motivation to adopt a healthy lifestyle. 50.7% stated that they did not use public parks for exercise.

The November group constituted the largest number of participants, had the lowest BMI level and indicated a fairly motivated group to adopt a healthy lifestyle. While a large percent of individuals did not use the parks for exercise, a substantial percent of respondents exercised 3-7 times per week and a larger percentage of respondents exercised twenty (20) minutes or more per session.

## **EVENT #5 – DATA ANALYSIS STATISTICS**

<b>1. Total Number:</b>	<b>343</b>	
<b>2. Completed all information:</b>	165	(48%)
<b>3. Participants with Fitness Assessment information: (including Height, Weight, BMI and BP)</b>	293	(85%)
<b>4. Participants completing all questions: (excluding Fitness Assessment information)</b>	208	(61%)

5. Participants Who Signed Consent & Release:	319	(92%)
6. Participants Who Signed for Focus Group:	79	(23%)
7. N/A Forms:	17	(52%)
8. Sex: Male	125	(36%)
Female	213	(62%)
9. Race: Hispanic	120	(35%)
Caucasian	98	(27%)
African American	14	(4%)
Asian/Indian	6	(2%)
Other	6	(2%)

**Table 1. Descriptive characteristics of participants (Mean  $\pm$  standard deviation)**

	Male	Female	Total
<b>Age</b> (years)	48 $\pm$ 17 (38%) <sup>1</sup>	49 $\pm$ 14 (62%) <sup>1</sup>	49 $\pm$ 14 N=321 (94%) <sup>2</sup>
<b>Height</b> (inches)	69.3 $\pm$ 3.0 (36%)	64.3 $\pm$ 7.9 (62%)	66.2 $\pm$ 7.0 N=334 (97%)
<b>Weight</b> (pounds)	184.7 $\pm$ 27.6 (37%)	149.4 $\pm$ 33.6 (62%)	162.4 $\pm$ 35.7 N=333 (97%)
<b>BMI</b> (ratio)	26.0 $\pm$ 3.6 (37%)	27.0 $\pm$ 6.3 (62%)	26.6 $\pm$ 5.4 N=304 (89%)
<b>BP</b> (mmHg)	134/80 $\pm$ 17/11 (38%)	122/75 $\pm$ 17/11 (61%)	124/77 $\pm$ 18/11 N=321 (94%)

BMI, Body Mass Index calculated [ weight(kg)  $\div$  height (m)<sup>2</sup> ]

<sup>1</sup> Percent derived from total number of respondents by gender

<sup>2</sup> Number and percent derived from total number of respondents

**Table 2. Descriptive characteristics regarding lifestyle, fitness participation, health care and sleep.**

	<b>Male</b>	<b>Female</b>	<b>Total<sup>2</sup></b>
<b>Agreed to adopt a healthy lifestyle</b>	89 <sup>1</sup> (71%)	173 <sup>1</sup> (81%)	262 N=303 (86%)
<b>Will attend future events</b>	69 (55%)	135 (63%)	204 N=291 (70%)
<b>Possesses a personal physician</b>	104 (83%)	168 (79%)	272 N=320 (85%)
<b>Visited a doctor within the last 2 yrs</b>	100 (80%)	176 (83%)	276 N=317 (87%)
<b>Sleeping a minimum of 7 hours/night</b>	67 (54%)	102 (48%)	169 N=282 (60%)

<sup>1</sup> Number and percent of respondents by gender

<sup>2</sup> Total represents number and percent of respondents answering each question

**Table 3. Smoking characteristics for the entire group**

	<b>Male<sup>1</sup> (N=125)</b>	<b>Female<sup>1</sup> (N=213)</b>	<b>Total (N=338)<sup>2</sup></b>
<b>Not at all</b>	98 (78%)	170 (80%)	269 (79%)
<b>Occasional use</b>	9 (7%)	6 (3%)	15 (4%)
<b>&lt; 10 a day</b>	5 (4%)	13 (6%)	18 (5%)
<b>11~20 a day</b>	3 (2%)	10 (5%)	13 (4%)
<b>21~30 a day</b>	0 (0%)	0 (0%)	0 (0%)
<b>&gt; 30 a day</b>	1 (1%)	1 (1%)	2 (1%)
<b>N/A</b>	9 (7%)	14 (7%)	23 (7%)

<sup>1</sup> Number and percent of respondents by gender

<sup>2</sup> Total represents number and percent of respondents answering this question

**Table 4. Daily drinking habits for the entire group**

	<b>Male (N=125) <sup>1</sup></b>	<b>Female (N=213) <sup>1</sup></b>	<b>Total (N=338) <sup>2</sup></b>
<b>Not at all</b>	54 (43%)	107 (50%)	161 (48%)
<b>1~3 glasses</b>	39 (31%)	77 (36%)	116 (34%)
<b>4~5 glasses</b>	8 (6%)	10 (5%)	18 (5%)
<b>6~7 glasses</b>	10 (8%)	3 (1%)	13 (4%)
<b>8~10 glasses</b>	1 (1%)	2 (1%)	3 (1%)
<b>11~20 glasses</b>	4 (3%)	1 (1%)	5 (1%)
<b>21 or more glasses</b>	2 (2%)	0 (0%)	2 (1%)
<b>N/A</b>	7 (6%)	13 (6%)	20 (6%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question**Table 5. Daily TV and Computer use characteristics for the entire group**

	<b>Male (N=125) <sup>1</sup></b>	<b>Female (N=213) <sup>1</sup></b>	<b>Total (N=338) <sup>2</sup></b>
<b>0~1 hours</b>	28 (22%)	46 (22%)	74 (22%)
<b>2 hours</b>	38 (30%)	61 (29%)	99 (29%)
<b>3 hours</b>	18 (14%)	47 (22%)	65 (19%)
<b>4 hours</b>	13 (10%)	18 (9%)	31 (9%)
<b>5 hours</b>	8 (6%)	13 (6%)	21 (6%)
<b>6 hours</b>	5 (4%)	2 (1%)	7 (2%)
<b>7 or more hours</b>	8 (6%)	16 (8%)	24 (7%)
<b>Missing</b>	7 (6%)	10 (5%)	17 (5%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question

**Table 6. Dieting characteristics for the entire group**

**Servings of fruits and vegetables daily**

**Breakfast meals daily**

	<b>Male<sup>1</sup> (N=125)</b>	<b>Female<sup>1</sup> (N=213)</b>	<b>Total<sup>2</sup> (N=338)</b>	<b>Male<sup>1</sup> (N=125)</b>	<b>Female<sup>1</sup> (N=213)</b>	<b>Total<sup>2</sup> (N=338)</b>
<b>0</b>	7 (6%)	7 (3%)	9 (6%)	6 (5%)	10 (5%)	7 (5%)
<b>1</b>	30 (24%)	33 (16%)	38 (25%)	10 (8%)	17 (8%)	14 (9%)
<b>2</b>	36 (32%)	60 (28%)	51 (34%)	11 (9%)	18 (9%)	10 (7%)
<b>3</b>	17 (14%)	44 (21%)	33 (22%)	8 (6%)	22 (10%)	11 (7%)
<b>4</b>	13 (10%)	19 (9%)	10 (7%)	5 (4%)	12 (6%)	11 (7%)
<b>5</b>	7 (6%)	16 (8%)	3 (2%)	10 (8%)	14 (7%)	15 (10%)
<b>6</b>	2 (2%)	3 (1%)	1 (1%)	6 (5%)	10 (5%)	5 (3%)
<b>7</b>	3 (2%)	4 (2%)	4 (3%)	54 (43%)	79 (37%)	72 (47%)
<b>N/A</b>	14 (11%)	27 (13%)	3 (2%)	15 (12%)	31 (15%)	7 (5%)

<sup>1</sup> Number and percent of respondents by gender

<sup>2</sup> Total represents number and percent of respondents answering this question

## EVENT #5 – DATA ANALYSIS GRAPHICS

Figure 1. Number of times per week participated in exercise and fitness activities (N=343)

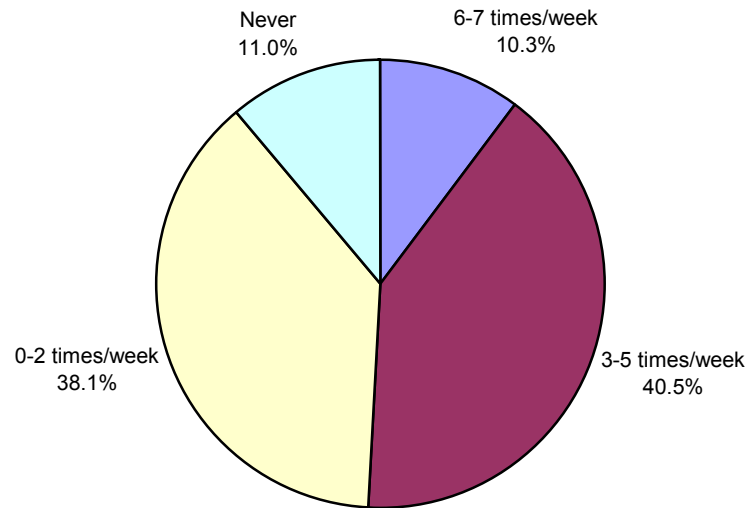
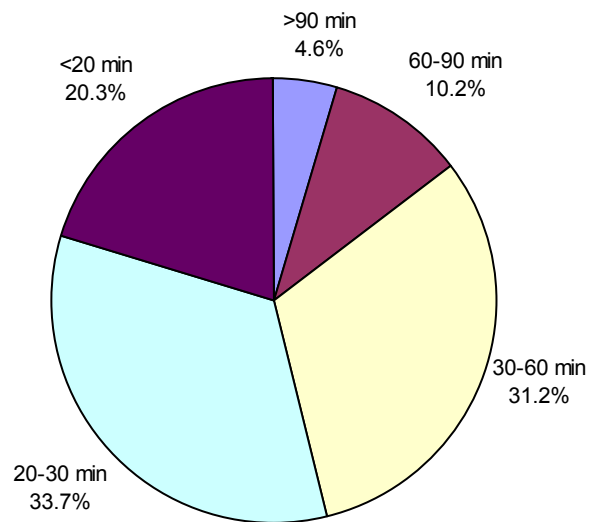
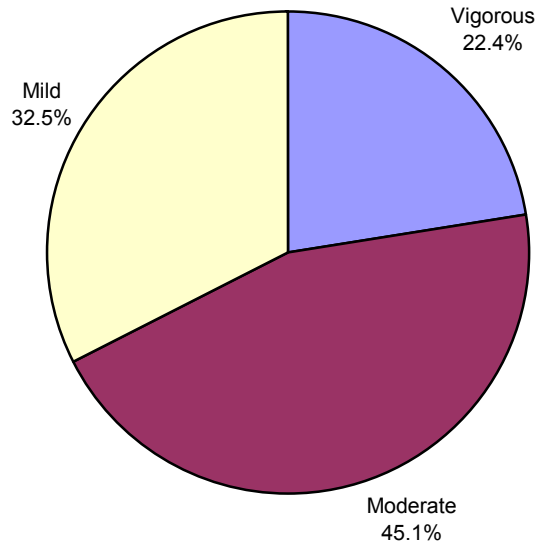


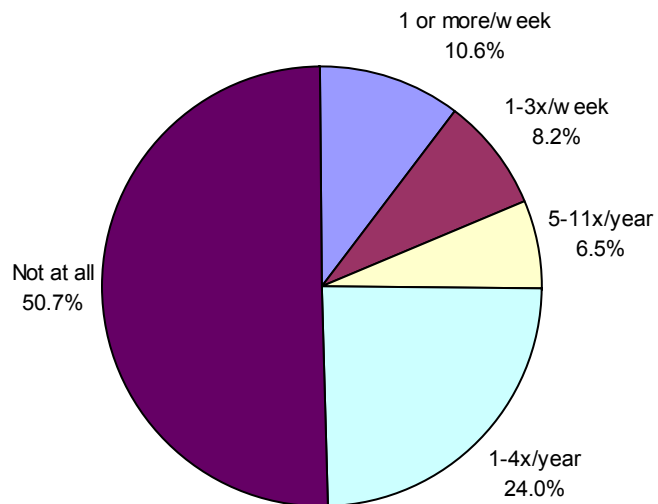
Figure 2. Length of time spent per exercise session (N=343)



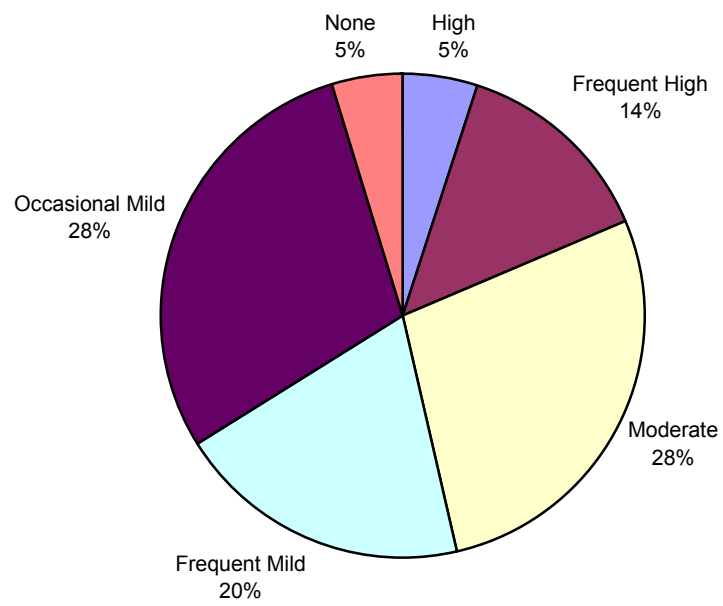
**Figure 3. Intensity of exercise (N=343)**



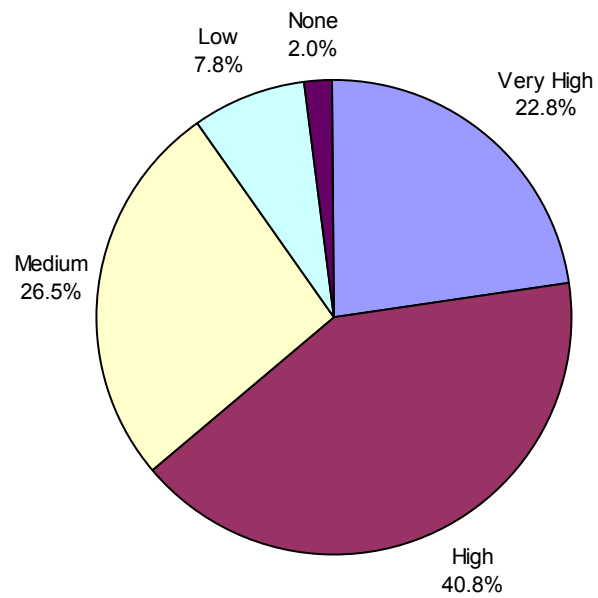
**Figure 4. Frequency utilizing the public parks for exercise (N=343)**



**Figure 5. Rating on perceived daily stress level (N=343)**



**Figure 6. Motivation to adopt a healthy lifestyle (N=343)**





## EVENT #6 – DATA ANALYSIS SUMMARY

### December 3, 2003 - Zumba on the Courthouse Steps

According to our analysis, sixty-three (63) participants filled out questionnaires, 63% of which completed their Fitness Assessment information. A total of 67% of respondents were female, and 33% were male. Ethnic representation indicated that 57% were Hispanic, 10% were African-American, 6% were Caucasian and 2% Asian/Indian. A total of 25% did not complete racial/ethnic information. The average age of participants was forty-three (43) years and the average BMI was 27.0 indicating an overweight group.

The average blood pressure was 133/88 mmHg, which according to the guidelines for both systolic and diastolic pressures indicates pre-hypertension levels. This was the highest recorded blood pressure level for all the main events.

A total of 100% of respondents agreed to adopt a healthy lifestyle and 98% indicated they would attend a future event. This group indicated the greatest motivation in the regard. Only 62% of respondents possessed a family physician and 79% visited a physician within the past two (2) years. A total of 95% of respondents did not smoke at all which reflected the highest percentage of non-smokers in any group. A total of 54% did not drink alcoholic beverages at all.

A total of 63% of reported respondents watch TV or use the computer 0-3 hours daily. While 57% of respondents reported eating breakfast 4-7 days per week, only 15% reported eating 4-7 servings of fruits and vegetables daily.

Over 57% of reported respondents exercise 3-7 times per week, and almost all of those exercising, exercise twenty (20) minutes per session or more which is in accordance with the American College of Sport Medicine guidelines.

A total of 54.7% of respondents rated their intensity as moderate to vigorous. Over 35% of reported respondents indicated a moderate to high daily stress however a greater number, over 65%, indicated zero (0) to mild daily stress.

While almost 60% of respondents indicated a high to very high level of motivation to adopt a healthy lifestyle, almost 55% reported not using the public parks at all for exercise.

Thus this group, which was highly motivated to adopt a healthy lifestyle, was also overweight while showing a substantial frequency of exercise of three (3) or more times per week. They also represented the greatest group of non-smokers, indicated only a mild amount of daily stress yet displayed a significantly higher reported blood pressure.

This group showed pre-hypertension according to current guidelines and is also at increased risk for developing Stage I hypertension later on.

## EVENT #6 - DATA ANALYSIS STATISTICS

1. Total Number:	63	
2. Completed all information:	18	(29%)
3. Participants with Fitness Assessment information: (including Height, Weight, BMI and BP)	40	(63%)

4. Participants completing all questions: (excluding Fitness Assessment information)	32	(51%)
5. Participants Who Signed Consent & Release:	62	(98%)
6. Participants Who Signed for Focus Group:	22	(35%)
7. N/A Forms:	45	(71%)
8. Sex: Male	21	(33%)
Female	42	(67%)
9. Race: Hispanic	36	(57%)
Caucasian	4	(6%)
African American	6	(10%)
Asian/Indian	1	(2%)
Other	0	(0%)

**Table 1. Descriptive characteristics of participants (Mean  $\pm$  standard deviation)**

	Male	Female	Total
<b>Age</b> (years)	47 $\pm$ 15 (35%) <sup>1</sup>	41 $\pm$ 12 (66%) <sup>1</sup>	43 $\pm$ 13 N=55 (87%) <sup>2</sup>
<b>Height</b> (inches)	67.1 $\pm$ 3.3 (27%)	61.5 $\pm$ 11.3 (73%)	63.0 $\pm$ 10.1 N=55 (87%)
<b>Weight</b> (pounds)	173.6 $\pm$ 31.4 (29%)	159.0 $\pm$ 35.2 (71%)	163.1 $\pm$ 34.5 N=56 (89%)
<b>BMI</b> (ratio)	27.5 $\pm$ 4.5 (36%)	26.7 $\pm$ 4.7 (64%)	27.0 $\pm$ 2.6 N=44 (70%)
<b>BP</b> (mmHg)	138/82 $\pm$ 13/9 (30%)	131/90 $\pm$ 16/25 (70%)	133/88 $\pm$ 16/21 N=60 (95%)

BMI, Body Mass Index calculated [weight (kg)  $\div$  height (m)<sup>2</sup>]

<sup>1</sup> Percent derived from total number of respondents by gender

<sup>2</sup> Number and percent derived from total number of respondents

**Table 2. Descriptive characteristics regarding lifestyle, fitness participation, health care and sleep.**

	<b>Male</b>	<b>Female</b>	<b>Total<sup>2</sup></b>
<b>Agreed to adopt a healthy lifestyle</b>	17 <sup>1</sup> (81%)	38 <sup>1</sup> (91%)	55 N=55 (100%)
<b>Will attend future events</b>	17 (81%)	35 (83%)	52 N=53 (98%)
<b>Possesses a personal physician</b>	10 (48%)	24 (57%)	34 N=55 (62%)
<b>Visited a doctor within the last 2 yrs</b>	15 (71%)	29 (69%)	44 N=56 (79%)
<b>Sleeping a minimum of 7 hours/night</b>	10 (48%)	24 (57%)	34 N=54 (63%)

<sup>1</sup> Number and percent of respondents by gender

<sup>2</sup> Total represents number and percent of respondents answering each question

**Table 3. Smoking characteristics for the entire group**

	<b>Male<sup>1</sup> (N=21)</b>	<b>Female<sup>1</sup> (N=42)</b>	<b>Total (N=63)<sup>2</sup></b>
<b>Not at all</b>	16 (76%)	34 (81%)	60 (95%)
<b>Occasional use</b>	0 (0%)	2 (5%)	2 (3%)
<b>&lt; 10 a day</b>	1 (5%)	1 (2%)	2 (3%)
<b>11~20 a day</b>	1 (5%)	1 (2%)	2 (3%)
<b>21~30 a day</b>	0 (0%)	0 (0%)	0 (0%)
<b>&gt; 30 a day</b>	0 (0%)	0 (0%)	2 (3%)
<b>N/A</b>	3 (14%)	4 (10%)	7 (11%)

<sup>1</sup> Number and percent of respondents by gender

<sup>2</sup> Total represents number and percent of respondents answering this question

**Table 4. Daily drinking habits for the entire group**

	<b>Male (N=21) <sup>1</sup></b>	<b>Female (N=42) <sup>1</sup></b>	<b>Total (N=63) <sup>2</sup></b>
<b>Not at all</b>	11 (52%)	23 (55%)	34 (54%)
<b>1~3 glasses</b>	2 (10%)	13 (31%)	15 (24%)
<b>4~5 glasses</b>	2 (10%)	0 (0%)	2 (3%)
<b>6~7 glasses</b>	3 (14%)	1 (2%)	4 (6%)
<b>8~10 glasses</b>	0 (0%)	0 (0%)	0 (0%)
<b>11~20 glasses</b>	0 (0%)	0 (0%)	0 (0%)
<b>21 or more glasses</b>	0 (0%)	0 (0%)	0 (0%)
<b>N/A</b>	3 (14%)	5 (12%)	8 (13%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question**Table 5. Daily TV and Computer use characteristics for the entire group**

	<b>Male (N=21) <sup>1</sup></b>	<b>Female (N=42) <sup>1</sup></b>	<b>Total (N=63) <sup>2</sup></b>
<b>0~1 hours</b>	6 (29%)	6 (12%)	12 (19%)
<b>2 hours</b>	4 (19%)	12 (29%)	16 (25%)
<b>3 hours</b>	2 (10%)	10 (24%)	12 (19%)
<b>4 hours</b>	4 (19%)	5 (12%)	9 (14%)
<b>5 hours</b>	0 (0%)	1 (2%)	1 (2%)
<b>6 hours</b>	0 (0%)	1 (2%)	1 (2%)
<b>7 or more hours</b>	2 (10%)	3 (7%)	5 (8%)
<b>N/A</b>	3 (14%)	4 (10%)	7 (11%)

<sup>1</sup> Number and percent of respondents by gender<sup>2</sup> Total represents number and percent of respondents answering this question

**Table 6. Dieting characteristics for the entire group**

**Servings of fruits and vegetables daily**

**Breakfast meals daily**

	<b>Male<sup>1</sup> (N=21)</b>	<b>Female<sup>1</sup> (N=42)</b>	<b>Total<sup>2</sup> (N=63)</b>	<b>Male<sup>1</sup> (N=21)</b>	<b>Female<sup>1</sup> (N=42)</b>	<b>Total<sup>2</sup> (N=63)</b>
<b>0</b>	1 (5%)	1 (2%)	2 (3%)	0 (0%)	0 (0%)	0 (0%)
<b>1</b>	5 (24%)	6 (14%)	11 (17%)	4 (19%)	5 (12%)	9 (14%)
<b>2</b>	8 (38%)	14 (33%)	22 (35%)	2 (10%)	2 (5%)	4 (6%)
<b>3</b>	2 (10%)	10 (24%)	12 (19%)	2 (10%)	4 (10%)	6 (10%)
<b>4</b>	0 (0%)	5 (12%)	5 (8%)	0 (0%)	4 (10%)	4 (6%)
<b>5</b>	1 (5%)	0 (0%)	1 (2%)	3 (14%)	4 (10%)	7 (11%)
<b>6</b>	1 (5%)	1 (2%)	2 (3%)	1 (5%)	2 (5%)	3 (5%)
<b>7</b>	1 (5%)	0 (0%)	1 (2%)	8 (38%)	14 (33%)	22 (35%)
<b>N/A</b>	2 (10%)	5 (12%)	7 (11%)	1 (5%)	7 (17%)	8 (13%)

<sup>1</sup> Number and percent of respondents by gender

<sup>2</sup> Total represents number and percent of respondents answering this question

## EVENT #6 – DATA ANALYSIS GRAPHICS

Figure 1. Number of times per week participated in exercise and fitness activities (N=63)

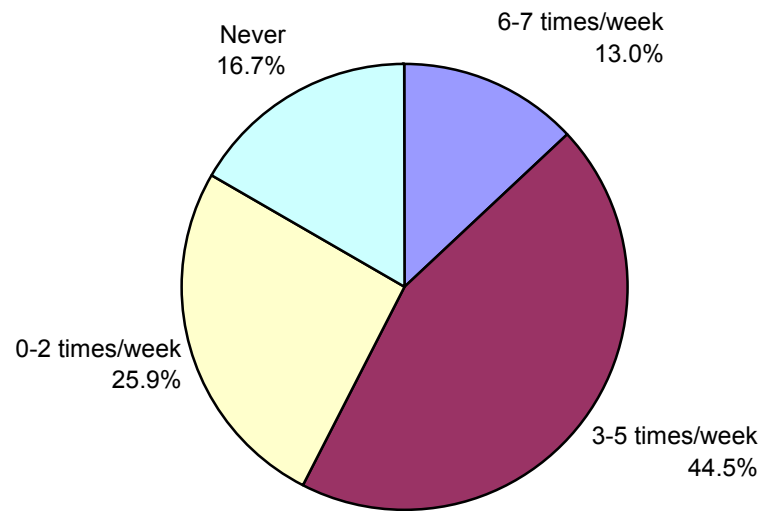
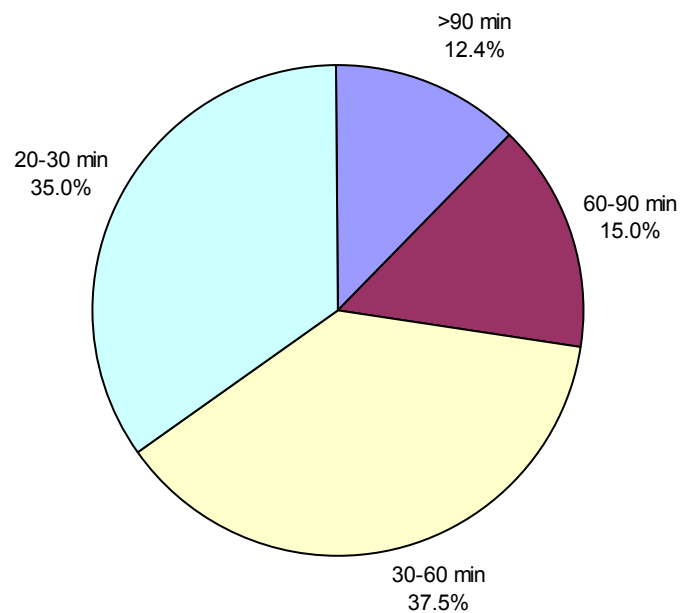
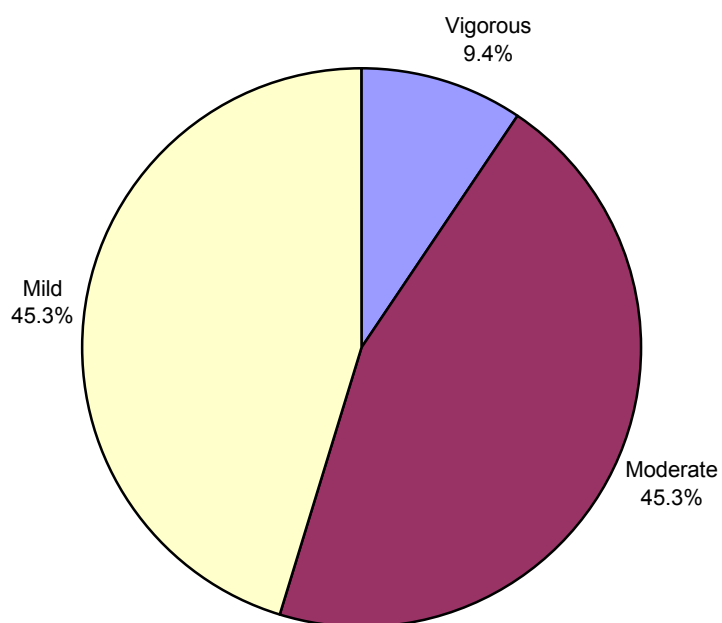


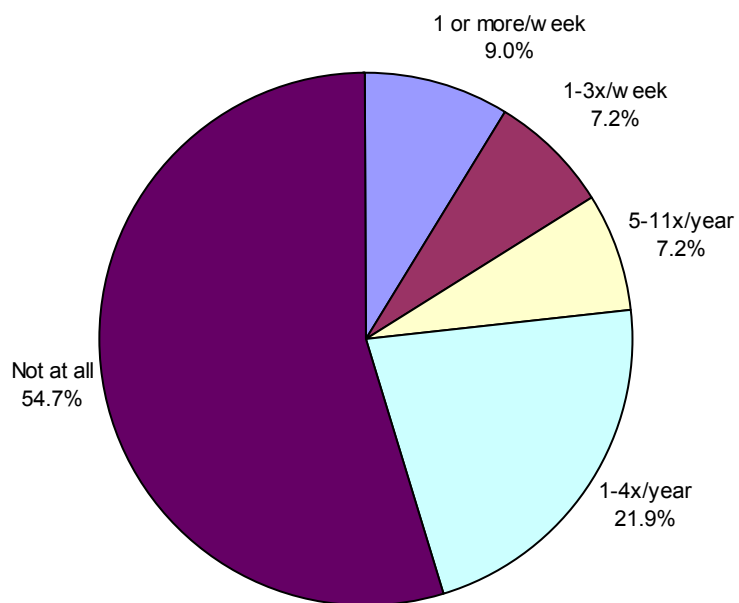
Figure 2. Length of time spent per exercise session (N=63)



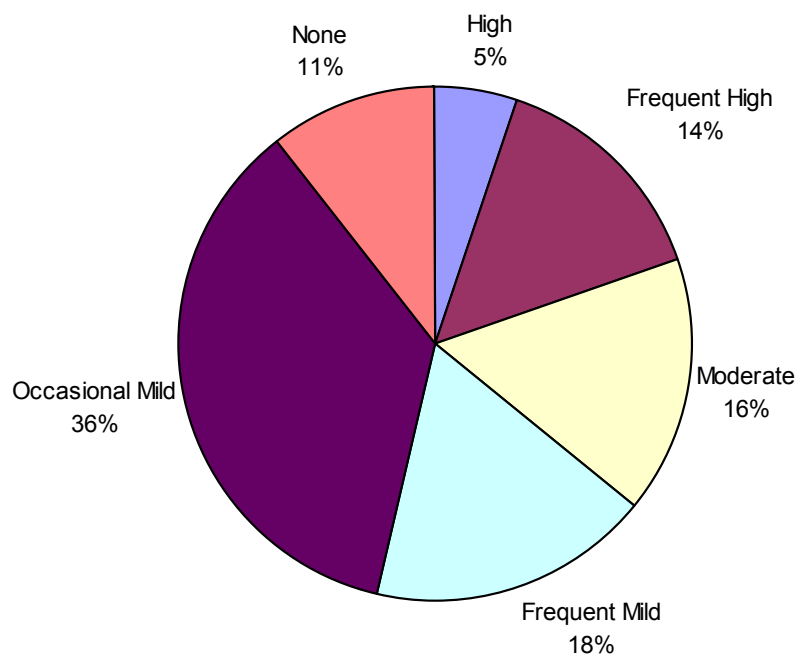
**Figure 3. Intensity of exercise (N=63)**



**Figure 4. Frequency utilizing the public parks for exercise (N=63)**



**Figure 5. Rating on perceived daily stress level (N=63)**



**Figure 6. Motivation to adopt a healthy lifestyle (N=63)**

